

Step Into Spring



Explore the Heart Smart Trails

Saturday, April 9, 2005
10:00am-2:00pm
(rain or shine)

South Germantown Recreational Park
Adventure Playground on
Germantown Park Drive
Boyds, MD. 20841



*Walking
10,000
steps a
day will
maintain a
healthy
weight
and make
the Surgeon
General
happy!*

Walking for Health

Regular participation in physical activity (like walking) is associated with reduced mortality rates for all ages. Walkers live longer!

Health Benefits

- ♥ Reduce the risk of coronary heart disease and stroke
- ♥ Reduce body fat
- ♥ Increase bone density which reduces risk of osteoporosis
- ♥ Reduce high cholesterol
- ♥ Improves blood pressure control
- ♥ Help to control body weight

Walking is an exercise that can be done with children or older family members, low in cost, and can fit in with any lifestyle.



Easy ways to sneak extra steps into your day

- ♥ Get up and walk around during commercial breaks while watching TV.
- ♥ Get up to change the channel instead of using the remote.
- ♥ Take the stairs more often.
- ♥ Spend time with family members or friends by taking a walk.
- ♥ Park further away from the entrance to the office or store.
- ♥ Hand deliver messages on foot instead of by email or phone call.
- ♥ Walk around while talking on the phone.
- ♥ If you are on the computer, get up every 30 minutes to walk around.
- ♥ Spend half of your lunch break actively by taking a walk.

See how easy it is to achieve 10,000 steps on April 9th!



M-NCPPC



Montgomery County
RECREATION
DEPARTMENT

How to walk 10,000 steps a day

Walking 10,000 steps is about the same as walking 5 miles. Utilizing the new Heart Smart Trails at the South Germantown Recreational Park, we have marked out a fun-filled 5-mile walk. The course follows paved trails which are wheelchair accessible and family friendly. Live entertainment and FREE health screenings as well as other health awareness activities and information will help you **Step into Spring** on the right foot.

Location

The start and finish lines are located at Adventure Playground (on Germantown Park Drive). Entertainment will be placed along the 5-mile course along with health screenings and other health activities.

Trail Course

Mostly flat with occasional small hills. Start walking anytime between 10am and 12pm.

Registration

\$10 entry fee for adults, 16 and up, \$5 entry fee for children, \$35 maximum entry fee for family. Registration is accepted the day of the event!

Participants will receive half-price mini-golf and driving range and a special gift from Friends of Recreation. Mail the attached form to:

**Friends of Recreation
4010 Randolph Road
Silver Spring, MD 20902**

Make check or money order payable to:
Montgomery Parks Foundation-FOR

Walk Refreshments and Entertainment

Food will be available for a small fee by local vendors.

Entertainment will be spread throughout the 5-mile walk. Live music will greet you at start and finish. Health Screenings and other health information will be set up and available on the trail near the Mooseum.

Friends of Recreation Registration Form

Montgomery County

4010 Randolph Road, Silver Spring, MD 20902

Please print. This form may be duplicated.

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone: () _____

Work Phone: () _____

Cell Phone: () _____

email _____

Participant's Name (last, first)	Birthday mm/dd/yy	Sex m/f	Fee

Check or money order payable to: Montgomery Parks Foundation-FOR

Total \$

If you need help completing this form, please call 240-777-6821.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Parent/Guardian
Signature _____

Date _____